

# MANAGING NAUSEA AND VOMITING



VILLAGE ONCOLOGY  
SERVING WITH COMPASSION

## 1 What to do when you experience nausea or vomiting



### Nausea

A feeling of sickness in the stomach that may lead to vomiting.



### Vomiting

The emptying of the stomach contents through the mouth.

## 2 Prevention of nausea and vomiting:

- Take the medication as prescribed by your treating doctor to prevent nausea on a regular basis
- Eat small but frequent meals
- Limit your intake of spicy, greasy foods and foods with strong smells
- Eat food at room temperature or cold, if you prefer
- Avoid alcohol and excess coffee
- Rest, but do not lie down flat on your back
- Try focusing your attention on something else like watching TV, listening to music, reading or getting some fresh air
- Ask someone else to prepare food for you if possible
- If nausea does not settle with medication and it lasts longer than 48 hours, consult your doctor
- If your vomiting persists even though you're prescribed nausea medication, your doctor may need to change your treatment

## 3 Managing your Nausea and Vomiting with Medication

A corticosteroid such as Dexamethasone may be used alone or in conjunction with another medication to manage your nausea and vomiting caused by chemotherapy. It may also be used as an analgesic or to decrease the swelling of tissue.

## 4 Instructions for taking your medication



Take the amount prescribed by your doctor, at the frequency prescribed – ask the pharmacist to explain this to you and read the medication label if you are unsure.



Must be taken with food



### FOR MORE INFORMATION

Call : 3110020/3110032 Website: [villageoncology.health](http://villageoncology.health)